



## TURN IT ON

Those with a TV in their bedroom have sex, on average, twice as much as those who don't, according to a new poll. Initially all respondents were asked 'Do you have a TV in your bedroom?' to which 74 percent said yes. Once all of the results were analysed, they showed that, on average, those who had a TV in their bedroom had sex twice per week, while the other couples had sex once a week. Who knew that TV could be such a turn on!

# LIFE LOVE etc

Our monthly look at the world of love, friendship and sex



## TEXT TROUBLE

Researchers at Brigham Young University found that couples who apologise, hash out problems or make decisions via text message tend to be less happy in their relationship than those who speak. Time to pick up the phone and get vocal.

## Soul SEARCHING

"The large age gap is causing trouble"

**Q** My partner and I have a large age gap between us. People keep giving me dirty looks when we're together, saying I have a father complex, and behind my back so-called friends have called him a sugar daddy. We love each other, but it's causing tension between us.

**A** That the reaction of strangers and friends is causing so much upset for you leads me to wonder about your own self-esteem and sense of yourself. Perhaps they are all judging you in some way, or they may just be envious or curious. Whichever it is, if you felt secure in yourself and in your relationship it wouldn't be likely to upset you. Find ways to build self love and discover



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methods of calming yourself in the face of upsetting situations.

When you get upset, ask yourself – what am I making this mean? Is that really true? Is there another way of looking at it? Take a few deep slow breaths, feeling yourself release tension on each exhale.

Relationships are a powerful container in which to grow and develop because they require us to look at the issues that cause conflicts. They bring us face to face with stuff we may have been avoiding for years, so anything creating tension can be regarded as an invitation to look at what is behind it.

Thinking back over the relationships you've had, have you mainly been attracted to older





men? Have you jumped in fast or been very flirtatious, trying get attention or seeming to be super-sexed? Do you feel insecure or worried about the loss of your relationship? Does your partner's behaviour ever remind you of what you didn't get from your father, which could lead to you being over-critical of him? Do you feel particularly dependent on your partner? If you are answering yes to these questions, you may have some patterns left over from childhood that would be well worth working through independently of your partner.

Whatever is happening in your relationship, if you maintain focus on your love for each other and hold that as the most important thing, the feelings you have about what others are doing or saying will come into perspective.

### DID YOU KNOW?

Couples with uneven drinking habits are significantly more likely to split, a University of Buffalo Research Institute study found.

7 – the number of times on average that people fall in love before getting married

## The LOVE CLINIC

### OUR RESIDENT LOVE GURU ON THE UNITY OF YOUR HEART AND SEX



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It's easy to see sex as one thing, and love as another. Sometimes we may experience them separately – for example having sex does not necessarily include loving the person you're with and love does not need to involve sex. I am not suggesting sex without love is wrong, nor vice versa.

However, each of these approaches misses out on the greater perspective that is offered by a unifying relationship which combines sex and love.

### Childhood lessons

So, since most of us yearn for love, intimacy and connection, including the sexual kind, what stops us? Very often the blocks to intimacy occur in our childhood. I would say "show me how you were loved as a child and I will show you how you make love."

Let's look at a few examples. Imagine you were brought up not believing that you deserved love and intimacy. As an adult you might not allow yourself to receive the love that is offered to you by others. Take another example of someone who learnt that what they did was more important than who they were – so you were praised for performing well at school, or at sport, or in your artistic efforts. Very often this teaches us that we are only loveable when we do something to deserve it. Such people often grow up to be great achievers in life, however their love and sex lives are frequently plagued by the same burden which brought them their success in life – the need to achieve. As soon as we get into performance, good sex goes out the window. It becomes about doing, rather than about being in the moment – and it is in the moment that the magic of connection, desire and orgasm occurs.

Often we grow up believing that sex is wrong or dirty and this may inhibit us from enjoying the pleasure of this connection within an otherwise loving relationship.

### Physical Reactions

Physically, there is a link too between our hearts and sex. Consider the moment of orgasm. In the throes of our pleasure, our head and shoulders push back, our chest pushes forwards along with the pelvis. If we go through life emotionally protecting our heart, we will do so physically as well. This creates a physical tension in the chest or back around the level of the heart, and the reduced movement around the heart will also decrease the mobility of the pelvis.

Yoga postures such as cobra pose or sun salutation can also help to open the body and bring more flexibility to your spine.

